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Couple utilizes swimming pool in striking backyard retreat **P. 11**

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Jason Robins, Regina's ubiquitous visual artist **P. 14**


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Three-year-olds need fun and functional style **P. 24**

THE ADOPTION OPTION

THE HARDEST DECISION OF KATELYN NEUFELD'S LIFE WAS THE BEST FOR HER AND HER BABY'S NEW PARENTS **P. 6**

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ON THE COVER P. 6



Teen mom Katelyn Mould discusses why adoption was the best choice for her **Q&A** in **TRIO** feature

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MY FAVOURITE PLACE P. 5



Dore Wallinger took ballet lessons at the Conservatory Building as a child **Q&A** PHOTO BY DON HEALY

QC COVER PHOTO BY TROY FLEECE

QC is published by the Leader-Post — a division of Postmedia Network Inc. — at 1944 Park St. Regina, Sask. S4N 3G4.

Rob McLaughlin is editor in chief.

For advertising inquiries contact 781-6521; editorial 1-855-688-6557; home delivery 781-6512.

Hours of operation are Monday to Friday 8:30 a.m. to 4:30 p.m.

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IN THE CITY

SATURDAY, JULY 14, 2012 — 12:13 P.M.

One for the birds



Aracido and Cyla Hinder (from left) enjoy a Saturday afternoon feeding the many geese at Placerville Cattle Co. PHOTO BY MICHAEL BELL.

YOUR FAVOURITE PLACE

What's your favourite place in Regina? Email qc@leaderpost.com

MY FAVOURITE PLACE

Memories fuel enthusiasm for studio space

By Andrew Matto

There's no dancing around the suggestion that Trina Hollinger has spent some time at the Conservatory Building at the University of Regina's College Avenue campus. As a young ballet dancer, she didn't really try to visit the historic facility from her home in Indian Head to take part in programs offered by Class Act dance school. Today Hollinger still dances and works part-time as a dance instructor but memories are what make the building her favourite place in Regina.

Q How often would you go to the Conservatory Building?

A We would drive in every day for classes and rehearsals. I was to my early teens.

Q What sort of program were you involved with?

A Class Act always had really good programs. Class Act used to use the conservatory for their studio. They have a different space now. I was in what is called:

Q What did you like about the space?

A I always loved the space. It's a big old building. You would walk in and you would hear music playing. It just has a great feeling to it. The building has a lot of character to it. You always felt like the building had a lot of history.

Q Which parts of the building did you use?

A There are a lot of tiny spaces, but we used the dance studios. There is one up on the third floor. There are some nice big studios that have old-fashioned windows that look out over the park.

Q What was it like when you were younger?

A It was the coolest place to be when you are a kid. The younger kids would play hide-out in it all throughout the building. It was always a cool



Dancer Trina Hollinger in her favourite place, the University of Regina Conservatory Building, where she took ballet lessons as a teenager. **QC PHOTO BY GON HUI**

building because it has all these little music and cinema

Q Do you still go there?

A No. I was 18 I think when I stopped. But even today, I'd walk by it and remember all the great memories I have. It's just a nice, creative environment.

Q Is attending ballet classes every day a lot much for a kid?

A Yes, it was awesome. It felt like a family to me. It was usually the same group of kids and we would hang out there.

Q What was your routine?

A We had classes every day after

school and on Saturdays. It was a pretty intense program. And we had a teacher who was from Israel who was pretty intense but she was very professional. It was a great program to be a part of. I grew up in Indian Head. My dad would pick me up from school and I'd do my hair in the car on the way there. I'd do a couple of hours of

class or rehearsal or whatever it was and then head back home.

Q What would your dad do while you were in class?

A He'd have a nap in the car. Or he'd go to Carleton Place and find some thing else to do. It was so awesome of him.

ON THE COVER

It was like it was meant to be.
It was unbelievable. — Katelyn Neufeld

CHILDBIRTH

Adoption was the right choice for teen mom



When Katelyn Neufeld was 15, she allowed a Regina couple to adopt her newborn daughter. She wants every mother who are faced with an unplanned pregnancy to consider adoption. (QC PHOTO BY TONY D'AMICO)

By Andrew Matte

Dave and Kristin Crowell were nervous as they prepared for an interview by a pregnant teen who wanted to evaluate them as prospective parents.

The Regias couple met criteria set by Katelyn Neufeld, who was

determined to give her daughter an upbringing better than what she figured a 16-year-old could provide.

The Crowells agreed on issues such as occasional visits, but both sides wanted to choose a name for the baby who was due in just a few weeks.

But last-minute offers turned to joy when the Crowells and Katelyn shared their choice for the baby's

name. Both sides had picked Katelyn.

"Dave and I just looked at each other. We were stunned," said Kristin.

"It was like it was meant to be. It was unbelievable," said Katelyn.

What followed from that pre-dragging coincidence in 2009 is a heart-tugging adoption story that touches politically charged subjects of teen

pregnancy, small towns, gossip and contemporary parenting.

Today, Katelyn is a healthy 16-year-old leaver for her curiosity and an expert on what people laugh. And Kristin, Katelyn's adoptive mother, refers to herself as a "big sister type." In Katelyn, who lives far uptown about Katelyn's life.

Despite wrinkles in the place, much

as the Crowells' move to New Brunswick in 2009 and the couple's regime from last summer, those who sought the best for Katelyn say that's exactly what she got.

And in an age where many teens who get pregnant decide to keep their babies or have abortions, Katelyn's willingness to allow others to raise her daughter is rare.

Madelyn knows she didn't grow in my belly but that she grew in Katelyn's belly and grew in my heart —Kristen Crowell

Just two per cent of unexpected pregnancies in Canada become adoption stories, as Katelyn waits more women to consider adoption before making their choice.

"Katelyn is the ultimate mother," said Kristen. "She did what was best for her daughter."

As for Madelyn, the traditional role of mother isn't so important as the people who care for her. Kristen said.

"Madelyn knows she didn't grow in my belly but that she grew in Katelyn's belly and grew in my heart," said Kristen.

"We're told that her father and I looked high and low for the perfect baby girl. And Katelyn looked high and low for the perfect mommy and daddy."

"And that's how we became a fun fit."

The day Kristen learned she was pregnant didn't manifest in her memory like the day she told her mother.

Even though she had a clear understanding of the signs of birth control and sexually transmitted diseases, she chalks up the late-night lapse in judgment to a mistake even men to a 10-year-old.

She wound up in the office of her high school guidance counselor in Kenderdy. The counselor's call home was followed by an awkward meeting between all interested parties, including Katelyn's mother-in-law and her boyfriend.

"It was the day my life turned up side down," Katelyn said.

Her mother learned of feelings of anger before realizing her daughter needed her support more than ever.

"With hours remaining down my feet, I was thanking my daughter for not using her life." But when I was done, I gave Kate a hug and I hugged the father of the child, Heather said.

In the weeks that followed that day in October of 2008, the family was deep in discussion about options. Heather, an experienced nurse, understood the delicate balance of sharing information with Katelyn without giving her orders and risking having her daughter withdrawn.



Madelyn Crowell and Katelyn Neufeld. PHOTO COURTESY OF ALTRUISM REGIONS

"I wanted to make sure that Kate was in control. So it was a fine to give her all the information she needed and allow her to make her own decision," Heather said.

Katelyn remembers spending long hours weighing her options.

"I ran through it all in my mind about if I kept the baby, how I'd finish school or where I'd live or where I'd get money. I ruled out abortion right away. That's just how I felt," Katelyn said.

Katelyn's boyfriend, who remained in the picture during the pregnancy, later moved out of province.

Over that winter, Katelyn, leaned toward keeping the baby. The idea of adoption had been raised but Katelyn just couldn't picture being separated from her newborn.

For Heather the idea of her 16-year-old daughter being a full-time mother was frightening. "When she thought about the idea of keeping it, it seemed real to death, to be honest," Katelyn said.

In the spring of 2009, Katelyn's body had been changing in ways that raised eyebrows in Kenderdy, a town of almost 1,000. Katelyn learned her classmates were speculating about

the identity of the baby's father. Her friends lost interest in spending time with an expectant mother who gave up junk food and coffee, and who turned down invitations to weekend parties.

"I started to lose all my friends, I think because they couldn't take the emotional toll of being friends with someone who was pregnant," Katelyn said.

Heather too was ostracized by neighbours.

"There was backlash. It was a small town, so I felt that too. As far as Katelyn was concerned, there were people

judging her and commenting on what she was doing. And that brought some backlash," Heather said.

As Katelyn's June 18 due date loomed, the mother-to-be was giving up on the notion of keeping her baby. Adoption would be difficult, but Katelyn believed she would be a far less capable parent than someone older and better prepared.

"No matter how much I thought about it or how many scenarios I played out in my head, I always came back to what was best for the baby," Katelyn said.

Continued on Page 8

I wanted whoever it was going to be to be real parents. I didn't want to get in the way of that. But I knew that I couldn't just say goodbye forever — Katelyn Neufeld

"When I look back, I was just a kid. I was in high school and I lived in my parents' house. I had no money or even an idea how I would ever make money."

My mom and I went online and saw all these people out there who would love to have a baby and be able to give her a wonderful life.

"That is what my daughter deserved."

Her comments gave her an understanding of the range of adoption types. On one end of the spectrum, mothers entrust their babies to a third party to find suitable parents. And on the other end, upon adoption, adoptive birth mothers raise their children in tandem with adoptive parents.

But Katelyn saw value in the middle ground, preferring to give the adoptive parents full rights to her baby, but want regular contact and occasional visits so she could see her child grow up.

Katelyn made a list of requirements of prospective parents, such as stating that both wife and husband had careers and university degrees, but no other children. They had to be in their 30s. live in a city somewhere within a four-hour drive but not closer than two.

"I wanted whoever it was going to be, to be real parents. I didn't want to get in the way of that. But I knew that I couldn't just say goodbye forever. That would have killed me," Katelyn said. "It sounds silly to say but I wanted them to be close but not too close."

Katelyn and her mother discovered an online blog, authored by a Regina couple who were sharing their plans to adopt a baby in Ethiopia. The Crowells from Regina second child — Steve was an angel as a toddler and Kristen worked in public relations. Their attempt to start a family were unsuccessful and Regina was an ideal distance from Kinsley.

Her mother sent an email asking the Crowells whether they'd consider adopting her daughter's baby, due that summer.

♦ ♦ ♦ ♦

Like meeting her own birthdate,



Neufeld Neufeld left, mother daughter Katelyn found adoptive parents for Katelyn's (left) and mother daughter Katelyn through an online blog. (COURTESY OF KATELYN NEUFELD)

Kristen Crowell can recall the date the email arrived: April 8, 2009.

"I replied just without even contacting my husband. And then I started to cry. The first thing I thought was 'this can't be real,'" Kristen said. "I had wanted a baby for so long. And to get that email was a miracle."

Though the Crowells were on track to adopt from Africa, the baby's name was changed. The timeline: "It wasn't so much that it was a bet or after it was just sooner."

What followed were more emails

outlining Katelyn's requirements and questions about the logistics of the birth mother's involvement. As they started to chat on the phone, Kristen and Katelyn quickly found common ground.

"We talked for four hours," Kristen said of Katelyn's first phone call. "She just blew me away. She was full of teenage spirit. She was so mature but she was so alive but also mature in many ways. She was so beautiful and so loving."

Kristen and Steve wanted the

independence that came with the traditional parental rule but saw a need for Katelyn and her daughter to know each other.

"I felt that this would be an extended family situation. I wanted it to all be very family like," Kristen said.

Madeleine May Rose Crowell arrived early on June 10, 2009, at the General Hospital in Regina.

What followed was a celebration of a healthy newborn as Katelyn breast herself for the difficult separation.

On June 10 the Crowells and Neufelds were joined by extended family members for an "onstage ceremony" held in the Crowell's backyard in east Regina.

After the Neufelds returned to Kinsley, Katelyn took a deep breath. The relief of returning to a community where people specialized on the whereabouts of the baby was one thing, the emotional trauma of losing Madeleine behind was another.

Continued on Page 10

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She was full of teenaged spirit. She was immature but she was so alive but also mature in many ways. She was so insightful and so brave. — Kristen Crowell



Austin Reynolds and Kristen Crowell top left for a vacation photo with baby Madelyn, center below in chair. Family photos. SUBMITTED PHOTOS



Kristen Reynolds poses on a slide at Madelyn Crowell's life. PHOTO BY TERRY FULTON

"I never changed my mind or any thing like that. I felt that I had done the right thing," Katelyn said. "I wasn't able to handle it emotionally. I had no self esteem. I was lonely."

In June Katelyn rebounded as she found typical baby items from the Crowells about Madelyn. And even though Dave took a transfer to New Brunswick the following year, Katelyn loved hearing about how Madelyn learned to crawl and walk. Katelyn later travelled to spend time with Madelyn and the Crowells.

As heart wrenching as the actual was, Katelyn is more confident than

ever about her choice.

"I miss Madelyn but I know I'm not ready to look after her. I'm still not. And I know that she's being looked after by someone who is way more capable of doing that than me," said Katelyn, who followed her family when they moved to Regina in 2004.

She also has a new maturity when it comes to small town gossip.

"I became really good at not caring about what other people think. And that was a good thing because people can say some really mean things."

Natalie Hansen Somers, cross the director of LifeCrisis, a pro-life group that advocates for adoption, said women who have unplanned pregnancies often discuss the idea of adoption without understanding the options.

For some women, giving their baby up for adoption first like they are giving up on their baby," said Hansen Somers.

"There used to be a sense in society that adoption is about taking a baby away. But nowadays, things are very

different and adoption can be a very beautiful thing. There are some very difficult stories out there."

She said most women who place their babies up for adoption find comfort in their choice.

"Studies have shown that most women have reconciled with their decisions," Hansen Somers said.

When a mother puts her child up for adoption, it's the mother who suffers the loss, not the child. So there's no guilt on that side. For the mother, it's more about coping with that loss."

Katelyn, who has started to speak publicly about her experience, doesn't

want to swing from shame toward adoption, but wants to share information they might not have.

"I don't like to preach because I didn't like it when people told me what to do," Katelyn said. "If a teen wants to keep her baby, then that's someone. But for me, it would have been a disaster."

Hansen agrees. "Women have chosen. Unfortunately adoption isn't talked about in the same way that abortion and keeping your baby in adoption isn't the option that is best for everyone."

Just in Katelyn's case, it was.

SPACES

We'd love to see photos of your backyard pool.
Email QC@leaderpost.com.

REGINA'S BEST SPACES

Backyard pool provides an at-home vacation

By Ashley Martin

WHO? Lynn Armstrong and her husband Merv

WHAT? The backyard of their northwest Regina home

WHY? The swimming pool, the focal point of their yard, is original to the house, which was built in 1979. The Armstrongs moved in eight years ago; they bought a house with a pool would be great for their two children. Now 26 and 25, both have moved out, but Lynn still loves the pool.

WHY? "We use it. This is where we live. It's our oasis," said Lynn of her private, sunny backyard.

HOW? Two years ago, they had undergone a major renovation, spared no major flooding.

"The sides of the (pool) walls were falling inward, we had major cracks in the bottom, we had water coming from everywhere. The water table was extremely high that year. It was just a disaster."

After phoning several pool companies, which wanted to scrap the old pool at a cost of \$25,000, and several landscapers, which quoted a similar price for films in the yard, Lynn got in touch with Penguin Pools, which she credits with saving her pool.

"We did most of the work," as Penguin guided them through the renovation, which cost a fraction of the earlier quotes.

"We were in the pool digging and cleaning and pumping water out for weeks," said Lynn.

"I'm glad that we saved it because it's nice to have, basketball, it's not hot here... When it's hot, you want to enjoy that."

This one time, she adds, the pool requires a bit of maintenance, though no more than any other yard level of mowing the lawn, she says, on the pool once a week and get chlorine and algaecide in it.

Each year, Lynn also plants the cosmos, which attract tanagers and robins and decorates the pavement. She adds for a dark grey this year. A couple of years ago it was a clay red.

The stars, plus different flowers and throw pillows, give a different look to the yard each year, Lynn is not a static decorator.

"I'm always painting, I'm always wallpapering, I'm always changing something because I like change."

A perennial garden-climbing vines and potted plants green up the space.

With numerous sitting areas, including her "sitting garden" with a Pateon rocking chair, the yard is great for entertaining.

"We've had most of northwest Regina here."



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NEXT WEEK: How do you teach your children gratitude? Email QC@leaderpost.com

PARENT TO PARENT

Each week QC gathers advice from parents to share with other moms and dads. This week we asked:

How did you know you were pregnant?

"My current pregnancy I thought had ended the night my toddler Lavin and I went to bed. I thought I would take away the awful taste I kept getting. But three days after a missed period I took the test and bam! Fourteen weeks today! Aren't babies test?" —Courtney May

"We were at Wal-Mart, walking through the desk aisle and the smell of the wood made me sick to my stomach. I knew right away something was up so my husband and I pulled up a pregnancy test right there and then. Went home and a few minutes later found out we were going to be parents!" —Alicia Binko

"I went to Superstore and bought the thing of ice cream (and I love ice cream that much)." —Reanne Stone

"I didn't get my PMS skin outbreaks or cramps. I knew before the period was to come because the second time was the same. I tested positive on home pregnancy tests before the doctor's tests read positive." —Stephanie Meyer

"My husband and I were in a hotel the night we were having the day was supposed to be our second (and) special night." —Ashley Ashan

"I started breast pain I could barely breathe they hurt so bad!" —Shelly Stahl Heuchert

"I walked into McDonald's and ran to the counter right away!" —Sherry Kuznetsov

"I was going over the hill and even walking in the night to see. Also I should have noticed on a few occasions my grocery store smells (I seemed to smell them more intensely) and also I didn't have a period and a sore outbreak." —Loree Blake

"I went to the gym and went on the ab machine which has a heart rate sensor that you push down I pushed down and hurt my boobs. I suddenly sat upright and said 'no way and just a huge throb in my face.' The instructor to me caught my eye and quickly looked away (She probably thought I was a little weird)." —Georgette Scher



"After almost eight weeks of not being able to eat anything but crackers and being really sick and cramping my husband and I were pregnant!" —Hampton Patch-Seymour

"I suspected I was pregnant a couple of weeks before I knew for sure. I ended up in the ER with severe abdominal pain. The doctor was extremely kind. I had a stomach virus and wanted to take an X-ray. I refused the X-ray until he did some blood work to confirm or refute my pregnancy suspicion. Finally he did the test and a few hours later said we were pregnant. The X-ray showed that a mother's infection starts long before the baby bumps appear." —Michelle Goodrich

"We were trying to get pregnant so I had several home pregnancy tests available to take." —Caiti Connors

"Birth times I just knew it is not an exaggeration that I felt horrible from the earliest possible point on looking back, the nausea tests I took to confirm pregnancy I required." —Teri Lesiak

"After taking numerous home pregnancy tests I was very excited and took them early so the less recent I always bright. I kept doing them every day until it was totally obvious. I still have a stash of about a dozen positive tests!" —Shelly Lambert

"I missed monthly visits followed up by a pregnancy test and the doctor's confirmation." —Julie S

"I have a pretty consistent cycle so it was pretty easy to know when they always took a test to confirm." —Nikki Meloy



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CITY FACES

VISUAL ART

Sunny disposition in Robins' work

By Ashley Martin

It's not easy to make a living creating visual art, but Jason Robins is making it work.

It's not like he had much choice. Robins sold his first painting at age 12 and was hooked.

"I don't know what else I would do. I'm pretty much useless in the real world," he said with a laugh.

It's an overstatement. Robins' artwork is ubiquitous in Regina. His colourful Picasso-esque portraits are on display in downtown murals, on restaurant walls and in charitable auctions.

And the 36-year-old artist loves what he does.

"A lot of people don't have fun at their jobs. I'm still having fun with it so I think that's the most important thing."

After finishing high school at the now defunct Robert D'Amico Collegiate, Robins moved to Vancouver to study art at the Emily Carr Institute. He then studied fashion design and merchandising at the Blanche Macdonald Centre.

He moved home because he could not find an art studio here, he said most of his work is done outdoors anyway. Plus the best weather was just then appearing.

"It's dark from September to spring; it's dark all the time. It's kind of depressing. At least you have sun here, even though it's cold."

When Robins is working, though, weather doesn't matter. He paints overnight in his basement studio, starting at 11 p.m. and wrapping up in the wee hours of the morning.

"Everyone thinks I'm a vampire, there's something wrong because it's dark in the morning and I'm creating things. 'Painting's really!'"

But the schedule is practical. It frees up his afternoons to meet with clients (many of his projects are custom requested) plus every thing's closed at night — "you can't do any thing else."

With two doors worn as order at a given time, Robins goes through a lot of supplies.

"The lady at Michaels said I eat the paint."

He's regular at Oskans on Weyburn Street, where he works up on black and white.

White and gold are his favourite colours to work with; metallics are popular with his customers, most of whom find him through word of mouth.

"It's always nice when people want something, that's what keeps me doing it. If I was just making paintings sitting at a basement, it



Artist Jason Robins poses with his custom-painted bike in front of one of his murals in downtown Regina. JPH/STAFF PHOTO COURTESY

wouldn't be much fun. I don't think."

Since Robins spends so much time working alone with only Top 50 radio to keep him company, painting auction pieces at live events is a nice change of pace.

"People say 'are you bothering yourself?' but I don't mind. I can still do it when they're talking. It's kind of inspiring to have someone say 'this is great' or 'this is fun,'" he said.

Live paintings have a greater purpose, though. They're auctioned off as fundraisers.

"I think it's fun that something I make can make money for (a charity)," said Robins, whose causes of choice include breast cancer and the Red Cross.

He was awarded a Queen's Diamond Jubilee medal last year for his work with Green Fair Futures, for which he created some notable parades.

Robins hopes to keep building his reputation and selling his artwork around the globe. More exhibitions and fashion shows are also on his to-do list.

And maybe another downtown mural. Eight years ago, he painted some black and white images next to the Green Spot Cafe. That building is being torn down next month to make way for the new POC Agriculture Plaza tower.

"It's kind of sad because it is the first kind of big project I did here and it was fun," said Robins.

"I'll stand up pretty well for its time, if it is as good as I think. It would be nice if they could frame it as the building or something."



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LEGEND

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								--- Fence Line	

ON THE SCENE

HOPE'S HOME HOWL



It isn't every day that Blue Ridge frontman Jim Cuddy plays at a backyard party in Begonia, but on Saturday July 20 that was the case.

Cuddy headlined the Hope's Home Howl fundraiser, which also featured performances by Buffalo Howlers, Jess Masakule, Blake Berglund and Amanda Jane Dunbar. A sponsored show was created by Hotel Saskatchewan executive chef Milton Rebello.

The ticket cost ranged from \$10 to \$30 and \$150,000 was raised. Almost all of the proceeds support Hope's Home, an early learning centre for medically fragile children. Other charities will also benefit.

Presenter Brad Wall enjoyed the evening, which was hosted in the Wascana View backyard of couple Karl Fox and Sandy Bous.

1. Lindsay Jones and Dallas Taylor
2. Ryan Williams and Abigail's Morris
3. Joe and Vince Florante
4. Terry Wall and Jacqueline Tisher
5. Brad Wall (left) emceeds
6. Jim Cuddy performs
7. Chef Milton Rebello
8. Ken and Shannon Scherle
9. Tim Schaefer and Gord Kuak
10. Tiffany Douglas and Lynette Schaefer
11. Dora Dargatzis and Laurie Peterson

QC PHOTOS BY MICHAEL BELL



ON THE SCENE

See more On the Scene photos at
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HOPE'S HOME HOWL



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3. CAP ON Hats. \$19

4. BACKYARD FUN Lounger. Chaperon hat for drinking game. (rules online). various colours. \$19

5. KEEP WARM Hoodie. various colours. forearm tape. \$45

6. TRENDY T Socks. Fashion design on ankle and outside. five styles. \$30

7. BEER PONG PARTS Clear cups — five for \$10. Pong Pong balls — six for \$4

8. PLAYTIME Happy face flying disc. \$9

QC PHOTOS BY DON HEALY



1.



2.



3.



4.



5.



6.



7.



8.

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EVENTS

MUSIC

Thursday, July 25

Shotgun Jimmie
Noble, Regina Downtown
Copper concert series
544 Hill Mall, South Street

MidWest Crawl
McNally's, 2226 Dewdney Ave.

Maro Laborsore
The Pump, 661 Victoria Ave. E.

Gateway Festival Kickoff Party
Featuring: Indigo Joseph,
Shogun Jimmie,
Harian Pepper, The Ratonsiers
and SlowDown Malicious
The Exchange, 2431 8th Ave.

Friday, July 26

Mara Without Shame
McNally's, 2226 Dewdney Ave.

**Big Chill Fridays with DJ
Fadcat**
The Laborsore, 4329 Dundas Rd.

Maro Laborsore
The Pump, 661 Victoria Ave. E.

**FFB, Sailed Down, No Blood
No Fowl, Birch Hills**
The Club at the Exchange
2431 8th Ave.

UV Point Party
The Exchange, 2431 8th Ave.
In Darkness, Empire Choir
Charmians, 1747 South St.

Whitewer
The Sp, 326 Albert St.

Nova and Friends
The Artful Dodger
1631 9th Ave.

The Millionaire's Son
Creslake Pub,
3273 Eastgate Dr.

Saturday, July 27

Mara Without Shame
McNally's, 2226 Dewdney Ave.

Mara Laborsore
The Pump, 661 Victoria Ave. E.

**Ricky Stitches, Iron Kingdom,
Numb, Goliards Eye**
The Club at the Exchange,
2431 8th Ave.

Whitewer
The Sp, 326 Albert St.

Sunday, July 28

**Buffalo Narrows,
The Dead South**
The Artful Dodger,
1631 9th Ave.

Monday, July 29

Monday Night Jazz & Blues
Uptown Jazz
Buchanan,
2226 Dewdney Ave.

Lee Galois
Monthly Old Time Dance Party
Casino Regina Show Lounge,
1860 Saskatchewan Dr.

Slowdown Open Mic
7:30 p.m., The Artful Dodger
1631 9th Ave.

Tuesday, July 30

Jazz Night
Every Tuesday, 8 p.m.
Bocados, 2037 Park St.

**Creslake Clearwater
Revivalist**
Casino Regina Show Lounge,
1860 Saskatchewan Dr.

Five Alarm Punk
Oxbow, 1947 South St.

Wednesday, July 31

Wednesday Night Punk
Buffalo Narrows
Buchanan,
2226 Dewdney Ave.

Jazz Night
McNally's, 2226 Dewdney Ave.

Classified
Queen City EX, Duka Place



The Dead South is playing at the Artful Dodger on Sunday, July 28. *JP photo by Don Haas*

ART

Random Art Market
Community-based market-
place with live artistic
performances
Sunday 3-7 p.m.
Cathedral Neighbourhood
Centre, 2800 10th Ave.

The Art Gallery
David Lubman employs
humour in the unique of the
institution.
July 21-Aug. 20, Neutral
Ground, 8093-1856 Scarth St.

The Power of Music
Sustainability and the Junes
Until July 31, Royal Saskatchewan
Museum, 2445 Albert St.

Jays
Photography and media art by
Kris Sundhagen

Until Aug. 5
Fifth Parallel Gallery, Unit 11
Eastside Centre
3737 Westown Parkway

Please State
Videos comment on ads in
public visual space.
Until Aug. 3, Michael Cowell,
8093-1856 Scarth St.

Contemporary Tales
Watercolours by
Joseph Anderson
Until Aug. 1, Dundas Art
Gallery - Central Library
231-12th Ave.

The Artists of Scott
Nicholson Fine Arts
Until Aug. 31, Regina Centre
Crossing, 1621 Albert St.

Procession West
Large format black and
white photographs by Robert
Mihel and Robert Pohl

capture the frontier spirit, the
wide open spaces and the raw
ambiguities of the western
provinces.
Until Aug. 23, Art Gallery of
Regina, 3420 Elphinstone St.

Play
An interactive installation
by Kathleen Iwke and Jeff
Morton, using piano sound
and images.
Until Aug. 23, Dundas Art
Gallery - Central Library,
231-12th Ave.

Overseas
Saskatchewan Craft Council
show, Until Aug. 23
Mackenzie Art Gallery,
3475 Albert St.

David Dawson
Until Aug. 31, Mystery Gallery,
2760 13th Ave.

**How We Filled the Vault: 60
Years of Collecting**
Until Sept. 1, MacKenzie Art
Gallery, 3475 Albert St.

**Sam Steele: The Journey of a
Canadian Hero**
Until Sept. 2, RCMP Heritage
Museum, 1927 Dewdney Ave.

**Modernisms and Night
Dresses**
A retrospective of painting
and interior media by Joanne
Shannon
Until Sept. 6, Hagar Gallery,
Creative City Centre,
1043 Hamilton St.

How to Make a Monster
Until Oct. 20, Sask. Science
Centre, 2803 Powerhouse Dr.

**Greatest Hits: The Jans Tour
of Canadian Art**
Until Nov. 26, MacKenzie Art
Gallery, 3475 Albert St.

What you need to know to plan your week. Send events to QC@leaderpost.com

Associate Gallery

2200 Smith St. Open Tuesday to Friday 10 a.m.-5:30 p.m., Saturday 10 a.m.-5 p.m.

Nova Scotia Gallery

2140 Albert St. Open Tuesday to Saturday, 10 a.m.-5 p.m.

State Fine Art Gallery

1070 Halifax Rd. Open Tuesday to Friday, 10 a.m.-6 p.m., Saturday 10 a.m.-5 p.m.

COMEDY

Comedy Club

Every Saturday night
Gabbons, 2338 Dewdney Ave.

Lewis Improv

July 20, 8 p.m.
The Artsian, 2027 13th Ave.

THEATRE

The Trial of Louis Riel

July 25-26, 21, 7:30 p.m.
Shamislater Theatre,
Musqueam Art Gallery,
3675 Albert St.

Spirits of the Trail

July 28, 2 p.m.
RCMP Heritage Centre

Justi Evee Louisa's Crazy Henry Podcast

July 20, 8 p.m.
The Exchange, 2431 6th Ave.

SPECIAL EVENTS

Vega Parts with Bodhi Tree

Vega
July 25, 5-6 p.m.
Victoria Park, downtown

Salsa on the Plaza

Hosted by Rosina Salazar
July 25, 7-10 p.m.
City Square Plaza, downtown

Regina Red Sox vs. Melville Millionsaires

July 25, 7:05 a.m.
Cune Field, Ring Road and
Winning Street

A-1's is the Park

Hosted by the Dundas Art
Gallery
July 26, noon-1:30 p.m.
Victoria Park, downtown

Friday Film Fun

Pinetop Bend of Malibu
July 26, 2:30-4:30 p.m.
Royal Sask. Museum,
3443 Albert St.

Canadian Masters Track and Field Championships

July 26-28
Douglas Park

Regina Red Sox vs. Swift Current Indians

July 25, 7:05 p.m.
Cune Field, Ring Road and
Winning Street

Regina Farmers' Market

Every Wednesday and Saturday,
9 a.m.-1 p.m.
City Square Plaza, downtown

Chain Reaction

Saturdays in the Summer
July 27, 11 a.m.-3:00 p.m.
Royal Sask. Museum 3443
Albert St.

2nd Annual

Punk in the Sun Festival
July 28, noon-9 p.m.
Benedict Hotel, 1876 Victoria
Ave.

Vega Parts

with Genevieve Heiser
July 29, noon-1 p.m.
Victoria Park, downtown

Spirits in the Park with Gaskin-Pewen Sparks III of Horne

July 20, 9:30-10:30 a.m.
Victoria Park, downtown

Glass in the Park

July 20, 9:30 a.m.-1:30 p.m.
Victoria Park, downtown

Queen City Ex. Showcase

Featuring Rory Allen
July 20, 5-6:45 a.m.
FW Hill Mall

Ultimate Frisbee

July 20, 9:30-10:30 a.m.
Victoria Park, downtown

Sunset Retreat Ceremony

July 20, 8:30-9 p.m.
RCMP Depot District,
5600 7th Ave.

Queen City Ex. parade

July 20, 7 p.m.
Starts at Cornish Street/
Dewdney Avenue,
ends at Tartan Curling Club

Wards in the Park

Hosted by Saskatchewan
Waters' Guild
July 21, noon-1 p.m.
Victoria Park, downtown

Queen City Ex.

July 21-Aug. 4, 8:30-9:30 a.m.

Cinema Under the Stars

Week 8: Ralph, plus pre-show
activities
July 21, 8 p.m.
City Square Plaza, downtown

NEW MOVIES

The To Do List

Overseas-born Brandy Clark
(Aubrey Plaza) comes up with
a "to-do list" of risqué extra-
curricular activities she wants
to complete before college.

The Wolverine

Action
In modern day Japan, Wolverine (Hugh Jackman) is
vulnerable for the first time and pushed to his physical and
emotional limits.

The Smurfs 2

Family/Animated
The Smurfs travel to Paris to
save Smurfette, who has been
kidnapped by Gargamel.

Galaxy Cinema

630 McCarthy Blvd. W.
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Cineplex Odeon, 3025 Gordon
Rd., 306-522-3382



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FASHION

Do you have fashion advice to share with our readers?
Email us at qc@leaderpost.com

SASKATCHEWAN FASHION

Keshia Goodman and Anna Liesa Kids' clothing is cute; can end up worn backward

By Angelina
Trinici

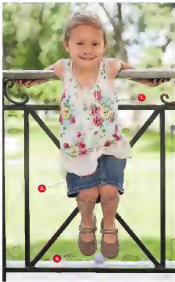
Keshia Goodman is energetic, outgoing and has lots to say for a three-year-old. Her clothing matches her vibrant personality and her dad Jeremy "inspired" says that she likes to dress herself in the morning.

Keshia explains that although her mom picked out her outfit today (she was busy having a bath), she still likes it. When she's picking out her own clothes for the day she usually chooses bright coloured shirts. She loves anything with flowers, but she's kind of picky about what she can reach in her closet, says Jeremy.

"Sometimes it's good sometimes it's not so good," she laughs.

In fact, Keshia's denim skirt was on backward for the first part of the day before anybody noticed she was too busy playing at Keweenaw Park in Saskatoon and eating her favourite food — ice cream (some of which happened to land on her shirt).

Keshia has a variety of interests — she says her favourite things are "any" anything! She especially enjoys going to the library and will go as many books as she can carry.



QC PHOTOS BY MARGARET BERN

Outfit:

- 1 FLORAL TOP** Winner Keshia is just different from your regular kids T-shirt, says her mom Kyla Goodwin.
- 2 DENIM SKIRT** The Children's Place "like your skirts and it's very hard to find jeans skirts these days for little girls."
- 3 SHOES** Winner Keshia picked them out because they are "pretty." Kyla says they are just very comfortable.



There are days when Anna Liesa also has her clothes on backwards, says her mom Jenni. The three-year-old is winning which foot to put her socks on and has picked out her shoes dozens in the morning. "That's the little twist!" Anna says, pointing at her dress. That's her favourite part about it — the skirt is covered with images of pink.

"We're sitting together about the Arc De Triumhe and the Little Town on her dress," says Anna.

It's a sunny day outside and Anna is also winning her favourite hat. It's a special toler because she picked it out with her grandmother. When asked why she likes the hat she points to the pink flower (her favourite colour) and explains, "because red!" Anna then plays with the hat and puts it over her head. She finds it interesting because she can see you through the little holes, but you can't see her.

Anna loves to go swimming and create art with clay. She has a rocking horse in her room that she likes to dig around the house and find worms to put. Anna makes it clear that Anna "can't hear."

Outfit:

- 1 HAT** Anna: She picked it herself and she likes the flower and the trim," says Jenni.
- 2 DRESS** Hand-me-down "it kind of is a beautiful, gorgeous dress."
- 3 SHOES** Anna's "Shoes are blue because of the pretty beads on them."

MUSIC

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FACTOR

Producer's album a five scene play about grief

By Angelina Irlinac

Factor's goal is to be unique, and it's definitely been working for him.

Factor is a well-known and respected music producer — he says artists never inspired by just being money and stayed true to themselves.

"I just try to have a sound that when you put the beat on you know it's me. It sounds different," says the longtime music pro.

He is the founder and owner of the label Safe Sound Records and although he consistently works with artists everywhere from Chicago to Los Angeles and continues to tour the globe, he still calls Saskatoon home.

Factor's ninth studio solo album, *Wake Up Alone*, was released on July 23 and true to his character, it's unique (*Wake Up Alone* never comes out for sale), eclectic (13 features artists from around the world) and thought-provoking (it tells a story that starts to end).

Wake Up Alone took about a year to produce and tells the story in five scenes: the Protagonist (Sam from disco rapper Kirby Dumont) loses his wife (Katherine's Jessica Bach), and while trying to bring her back to life, he goes through the five stages of grief (denial, anger, bargaining, depression and acceptance).

"As he's going through that, the songs switch and go darker and lighter and back into the acceptance stage and he ends up accepting her death as the end and burying her," explains Factor.

The concept began as a vague idea, but as Factor began to produce the music, the story started to take on a new form. Once the concept was complete and the characters imagined, Factor approached artists he'd previously worked and based with and who he knew would be a good fit for a particular character and song.

"It could have got cheesy at any moment," he says. "But everyone did such a good job. I'm so happy with everyone's contribution."

The fact that he's been around for



Factor, shown here in a Saskatoon antique shop, just released his ninth studio album, the eclectic and thought-provoking *Wake Up Alone*. QC PHOTO BY ANGELOTTA TRENT

years (he started as a DJ in 1986) helped Factor find an eclectic group of musicians — both local and international. It also helped him develop his unique sound. He describes his music as organic, vintage and dreamy.

"I've always been into antiguns and older classic recording stuff," he says. "I don't really care what anybody else is doing right now. I'd rather do something that's still cool in 10 years than make a song that's cool right now."

It's that focus on the long-term

that has allowed Factor to have such a growing list of albums (he's produced about 50), the way he could make more money selling single beats, but he prefers to focus on bigger projects.

Although it'd be smart of me to do that, I like to do my own stuff — do me, get my career going and get my own sound.

Factor has no formal music training, which he says has both helped and hindered him, it's been beneficial to him because without training he feels that he can think more freely

outside of the box. When he started producing, he would dig through records in Don Markley's and record stores something he little sounds that he found unique and would then edit them together. Factor moved on to using synthesizers then started working with live musicians. He has an eye for sound and knows what he wants.

"My goal is to make the live instruments that I'm recording sound like a sample of a record. So, maybe we'd record some wind and put it under some guitar so it was a sound quite

so clear, like maybe you sampled it off a psychobloke 78 record."

Factor has always been into art, whether it's painting, photography or music, he throws all creating and having a finished product at the end of a work day.

"Maybe if I make the best that's all encompassing of my whole life then maybe I'll quit," Factor says with a laugh.

"But I still don't feel like I've made that song, or made that impact, and a lot of people don't until they die anyway."

READ MY BOOK

GROWING RESISTANCE

How farmers resisted GM wheat

Movements against food that's been genetically modified (GMO) usually capture my images of urban European protesters wearing backward caps or dressed as the grain reaper slathing these crops as unsuspecting farmers' flocks.

Burners, especially from the so-called First World, are not typical actors in the movement against GM crops, yet in 2001 a coalition of these organizations led by peasant farmers stood up against Monsanto's plans to introduce Roundup Ready wheat in Canada.

In *Growing Resistance*, I analyze the diverse coalition of forces that successfully prevented Monsanto's introduction of its Roundup Ready (RR) wheat variety from the Canadian regulatory system in 2004.

I spent the better part of a year in 2006/07 traveling throughout the prairies to gather the information for this book. My fieldwork involved interviewing farmers and members of organizations that both supported and rejected RR wheat. Interviewing farmers was by far the most interesting for me. Although I grew up in Saskatchewan, farmers seemed new to me as an outsider. I used this outsider status to my advantage, procuring detailed descriptions of the diversity of actors' positions and strategies pursued by the different coalition members. Indeed, the north-south axis through which diversity

Mainstream prairie farmers brand themselves working alongside their more radical organic counterparts and organizations like GeneFree foras for its civil disobedience. The farmers I interviewed talked about their uneasy alliance with groups like GeneFree when rising law as urban radicals out of touch with rural prairie realities. Once the coalition had begun its work there was simply no constituency that Monsanto could point to as supportive of their attempts to introduce RR wheat into Canadian markets and farmers' fields.

I believe the story of this diverse coalition of farmers, environmentalists and urbanites serves as an

important example for other social justice campaigns. It has taught me that corporate power can be successfully challenged by coalitions of interest groups that incorporate very local and specific concerns into a wider discourse of opposition that draws on emotional and consumer activism. It seems to me that coalitions that cross urban/rural boundaries and local and global concerns are our best hope for securing social change in the years to come.

Canadian Farmers and the Politics of Genetically Modified Wheat

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OUTSIDE THE LINES



Colouring contest

Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and email it to OC@leaderpost.com. One winner will be chosen each week. Please send entries with the child's name by Monday at 9 a.m.



Last week's contest winner is Lila Stewart. Thanks to everyone who submitted entries!

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WINE WORLD

AUSTRALIAN RED

Find comfort in Kingston Estate Petit Verdot

By James Romanow

Even in summer, when the wisest drink while there are moose in what things seem to be going wrong, when you need comfort. But what to drink when in such a condition? While wine is just too too frivolous. Life is short. The water is running!

Well how about a Petit Verdot? This is a grape not much known, one of the four main types of good Bordeaux. Merlot and Cabernet bag the spotlight. Cabernet Franc gets at least some sympathy. But if you were to go looking for Petit Verdot bottles, I would suggest you would look long and hard. (I must confess I collected a couple.)

Indeed the status of the grape has fallen so far that Kingston Estate in Australia has named their first vintage the Petit Verdot under cultivation. Then you can find it in all of France these days. Kingston Estate in Australia are the champions of the wine on the shelves here. But are fond of making huge blends with strong tannins combining with a surprisingly delicate bouquet and palate.

The colour is deep purple, almost black. But the bouquet makes you think the clouds might open up. It smells of lovely violets and red berries. The palate seconds that notion, with a bracingness break and a little bit of the forest.



are more in the background than I expected. They've mixed these lovely polyphenols into a refined condition.

Kingston Estate is a great deal. The wine seems entirely appropriate after a bad day. Initially it will share and feel your pain, but after the first glass you'll be thinking, "perhaps a steak?" Potatoes and will be suitable. And possibly some grilled vegetables. By the end of the bottle, the little bottles will be singing again.

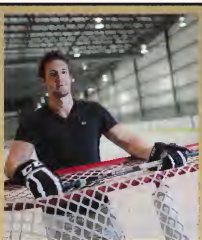
Kingston Estate Petit Verdot, Australia, \$110 \$115 ***

More summer wine on Twitter @jromanow

Crossword/Sudoku answers

P	O	O	R	P	O	O	L	P	O	L	L
E	I	R	E	I	M	N	O	C	O	K	I
L	E	D	S	M	A	T	S	A	K	E	L
O	C	A	C	A	R	D	I	R	E	T	A
S	A	C	R	A	P	O	L	E	D	B	L
I	N	H	I	B	I	T	N	O	T	D	O
N	O	N	U	S	E	R	L	I	K	E	S
I	N	S	T	A	N	T	W	I	N	N	E
K	N	E	L	K	N	A	D	E	D		
I	F	O	R	G	L	E	V	A	L	F	A
K	I	R	I	S	I	D	E	C	A		
H	A	R	A	T	E	L	I	T	D	E	N
S	I	T	A	T	E	M	A	N	O	T	A
A	T	A	L	E	A	L	A	S	O	R	I
H	I	L	E	R	I	C	E	R	I	C	H

4	6	7	8	5	2	3	9	1
3	9	8	4	1	7	6	5	2
5	1	2	9	6	3	4	7	8
2	4	9	7	3	5	1	8	6
6	7	5	1	8	4	2	3	9
1	8	3	6	2	9	5	4	7
9	3	6	2	4	8	7	1	5
7	2	4	5	9	1	8	6	3
8	5	1	3	7	6	9	2	4



Next week in QC

Regina-raised former Saskatoon Blades scrapper Garrett Klotz is keeping his NHL dream alive

SHARP EATS

SASKATCHEWAN FOOD TRENDS

Province has some buns to die for

By Jenn Sharp

Steamed buns, stuffed buns, sweet buns—I can never get enough buns.

The recipes vary from place to place but one thing is certain: Regina and Saskatoon have a ton of options if you are looking for a bun fix.

China. Peking's steamed buns are legendary in Regina (hosted at S2S University Park 3r) and are available just on weekends. However, it's possible some from all over the city and line up outside the door waiting for the buns. I wasn't able to get my hands on one but try it for yourself.

However, I was able to try *Shohide* from *Shohide* (steamed coconut buns) made on Thursday. I asked for several to be sent home because they usually sell out by mid-afternoon.

When I got to the modern north end cafe, the smell of baked bread with coconut undertones enveloped me.

The homemade bun is heavier than it looks—more on an empty stomach. Crispy baked coconut splits on the top and the moist inner filling is a slice of too good to be true. Make sure you try it warm so all the flavours blend together.

An *Asian bakery*, 86 Cafe, opened about four months ago at 2120 Broad St. Co-owner *Ken Yang* blends a mix of sweet and savory buns daily. The steamed bun here didn't quite match up to *Shohide's* (a little too much bun) but the sweet oatmeal bun is to die for. Yang is considering opening a second shop in Saskatoon, one I would welcome with open arms.

Mika's French Bites & Buns serves up affordable and tasty pork-stuffed buns along with Vietnamese subs, noodle bowls, rice plates and frothy bubble tea. Located in a small shop at 608 Victoria Ave. in Regina, get your meal to go and grab a seat at the outdoor tables.

An inventive twist on the steamed bun concept in Saskatoon can be found at Honey Bun Cafe. *Josephine Armstrong* recently updated her pretty little shop at 361A Second Ave. S.



An assortment of stuffed buns from Regina hot spots. (From left) a chocolate coffee stuffed bun from 29 Cafe, a coconut bun from Shohide, and a steamed bun from Mika's. CP PHOTO BY MICHELLE KING



The homemade coconut bun at Shohide from Honey Bun Cafe in Regina, and for good reason. CP PHOTO BY JENN SHARP



The pulled pork stuffed bun and house salad at Honey Bun Cafe in Saskatoon. CP PHOTO BY MICHELLE KING



Honey Bun Cafe's veggie stuffed bun and house-made tomato soup. CP PHOTO BY MICHELLE KING

The signature stuffed buns here are made fresh every morning, as well as lots of other goodies (the place is quickly becoming known for its cinnamon buns).

The stuffed buns come in several varieties and are available as a lunch combo with soup or salad for \$5.99. I love these buns—they're everything good, homemade bread should be. I could literally die the happiness

surging through my brain from the white carb deliciousness.

I wouldn't change a thing about the veggie bun is a mixture of mozzarella, peppers, mushrooms, red onion, goat cheese and pesto; but the pulled pork and caramelized onion bun could use a little more zip in the chocolate and smoked paprika sauce. There was also a bigger bun in stuffing ratio in the pulled pork

The solution? Try the excess bun in your soup!

A few people had told me the soup wasn't up to snuff at Honey Bun. This probably comes from the fact many of us are accustomed to eating restaurants' over-salted soups. A healthy soup can pale in comparison if the other diners aren't snogged up to make up for the lack of salt. Armstrong and her staff are de-

veloping a great job at providing lots of healthy breakfast and lunch options in a world where KFC left the need to launch another version of the oil-on-fishers Double Down (the Burger Double Down) in June, it's a menu I salute.

For now, I've had my fill of buns. What's your favourite? Get in touch at jsharp@honeybun.com or on Twitter @JennSharp.

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